

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

15. (canceled)

17. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the lift system is a pneumatic air compressed system, and the command device includes push buttons for activation of the lift system and control of the arms.

18. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the lift system is a mechanical system of levers and pulleys, and the command device includes pedals for activation of the lift system and control of the arms.

19. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the lift system is an electromechanical system, and the command device includes switches for activation of the lift system and control of the arms.

20. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the lift system is an electro-hydraulic system, and the command device includes rods for activation of the lift system and control of the arms.

21. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapezius and triceps muscles, comprising:

a moveable bench, including a back-rest, that allows a user to do exercises with the back-rest in a horizontal position for stretching and pectoral crosses, a slanted position for pectoral crosses and an up-right position for deltoids and stretching with dumb-bells for triceps; and

an assist system, including servomechanism arms adapted to hold weights, a mechanical, hydraulic, electrical or pneumatic lift system adapted to lift the arms, and a command device that controls the assist system when activated through the use of rods, pedals, switches or push buttons;

wherein the arms are adapted to lift the weights held by the arms under control of the command device, to assist the user without requiring the user to get up from or change the position of the bench; and

wherein the arms are adapted to position the weights with respect to the bench and the exercise to be performed by the user;

~~Gym work out equipment as claimed in claim 15,~~ wherein the arms include a universal bracket system to position the weights and related equipment.

22. (currently amended) Gym work-out equipment as claimed in claim ~~45~~ 21, further comprising an electronic switchboard that is adapted to store in memory data representing arm positions chosen by the ~~athlete~~ user according to the type of exercises to be done, and to lift and position the arms during a later exercise session according to the stored data.

23. (currently amended) Gym work-out equipment as claimed in claim ~~45~~ 21, further comprising an adaptable foot rest of dimensions adequate to support ~~and lodge~~ both the command device and ~~to support~~ the feet of the ~~athlete~~ user performing the exercise on the bench.

24. (currently amended) Gym work-out equipment as claimed in claim ~~45~~ 21, further comprising side panels forming a barrier to passers-by around the mechanical, hydraulic, electrical or pneumatic parts of the lift system.

25. (previously presented) Gym work-out equipment as claimed in claim 24, wherein the side panels include advertising material.

26. (currently amended) Gym work-out equipment as claimed in claim ~~45~~ 21, wherein the assist system is adapted to adjust the height of the arms to properly position the weights at the beginning of the exercise to adjust the height of the arms to properly accept the weights at the end of the exercise.

27. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the assist system is adapted to lift the weights on the arms into position for use by the ~~athlete~~ user on the bench without the help of a second person.

28. (currently amended) Gym work-out equipment as claimed in claim ~~15~~ 21, wherein the assist system is adapted to lift the weights on the arms into position for use by the ~~athlete~~ user on the bench without the manual assistance of the athlete.

29. (previously presented) Gym work-out equipment as claimed in claim 23, wherein the command device is disposed on the foot rest.

30. (previously presented) Gym work-out equipment as claimed in claim 26, wherein the height of the arms to properly position the weights at the beginning of the exercise is different than the height of the arms to properly accept the weights at the end of the exercise.